ABSTRACT

Changes in Weight and WHZ Following Local Supplementary Feeding among Toddlers with Growth Faltering

Johan Wydiamarta, Ratih Wirapuspita Wisnuwardani

Correspondence E-mail : johanwydiamarta@gmail.com

Background : Growth faltering in an early childhood is an important indicator of nutritional vulnerability and requires timely nutritional intervention. Local food-based supplementary feeding (Pemberian Makanan Tambahan, PMT) has been implemented as a community-based strategy to support nutritional recovery among children with growth problems. However, local evidence regarding short-term anthropometric changes following this intervention remains limited.

Objective : This study aimed to assess changes in body weight and weight-for-height Z-score (WHZ) following local food-based supplementary feeding among toddlers with growth faltering.

Research Methods/ Implementation Methods : This pre-experimental study used a one-group pretest-posttest design involving 14 toddlers with documented growth faltering in July 2026. Anthropometric measurements, including body weight and height, were obtained before and after the intervention. Weight-for-height Z-Scores (WHZ) were used to assess acute nutritional status. Pre- and post-intervention body weight and height WHZ were compared using paired-samples t-tests, with statistical significance set at $p<0.05$.

Results : Among the 14 toddlers, six were male and eight were female. Mean body weight increased from 11.66 kg before the intervention to 12.26 kg after the intervention, with a mean increase of 0.59 kg (95% CI 0.36-0.83; $p<0.001$). Mean WHZ increased from -0.39 at baseline to -0.13 after the intervention, with a mean increase of 0.26 (95% CI: 0.04-0.48; $p=0.024$).

Conclusion/Lesson Learned : Significant increases in body weight and WHZ were observed following local food-based supplementary feeding among toddlers with growth faltering. These findings indicate favorable short-term anthropometric changes following the intervention; however, the results should be interpreted considering the small sample size and absence of a comparison group.

Keyword : local supplementary feeding; growth faltering, body weight; WHZ; toddlers